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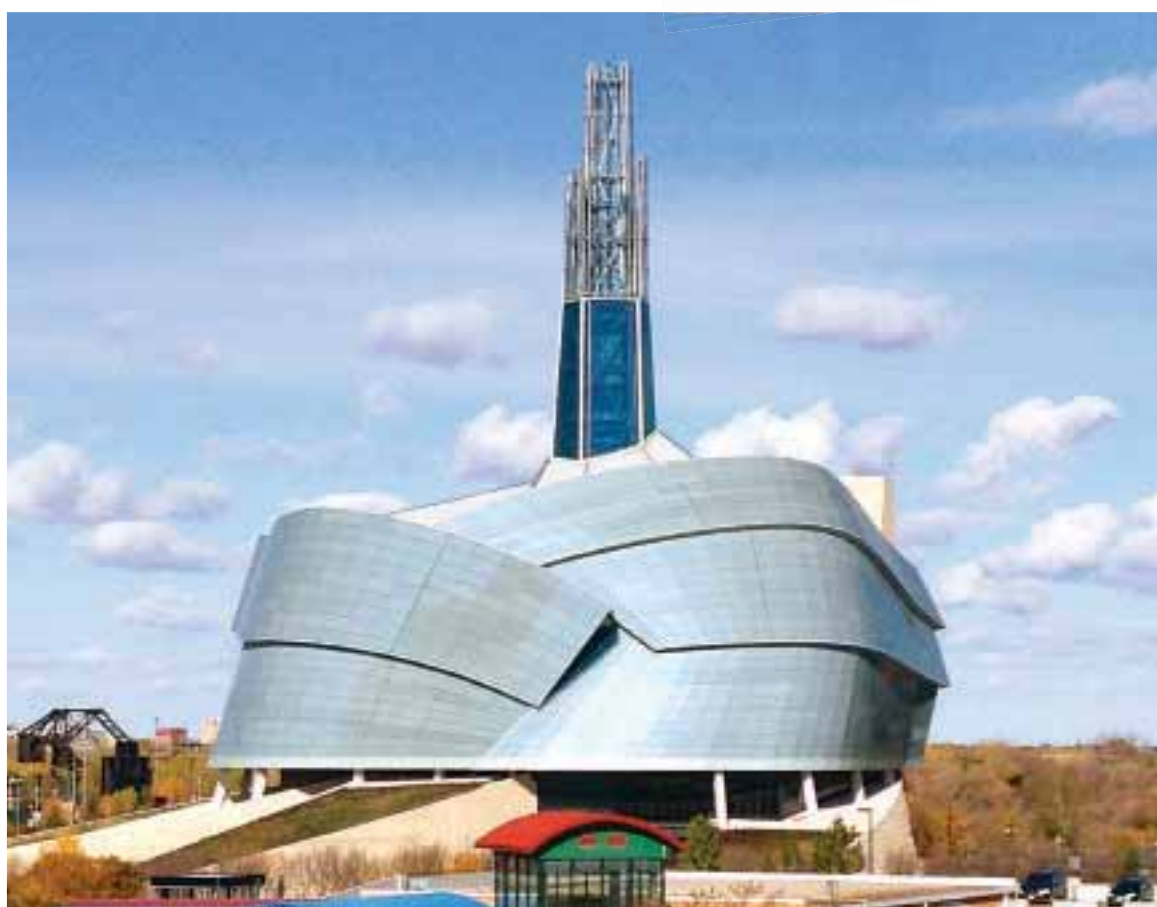
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The Canadian Museum for Human Rights will open to visitors next September. To see a gallery of the inside, visit metronews.ca/winnipeg.
ELISHA DACEY/METRO

Human-rights museum gets opening date

Sept. 20. City will finally receive the first national museum outside Ontario despite cost, controversy

The Canadian Museum for Human Rights (CMHR) is set to open in Winnipeg next September.

Officials with the federally funded human-rights museum announced a start date of Sept. 20 on Monday.

"When the doors of this building open next September, it will be a historic moment for Canada and a proud day for Manitoba, as we welcome visitors from across the country and around the world," said President and CEO Stuart Murray.

The museum has been in the works since 2003 and has been the subject of controversy over its content and cost.

The Ukrainian Canadian Congress has complained the

museum is giving a full gallery to the Nazi Holocaust but not to the suffering of Ukrainians under the Soviet regime of Joseph Stalin.

The museum's price tag has also gone up almost \$100 million to \$351 million.

Accomplishment

"A national project of this scope and scale comes along just once in a generation."

CMHR President and CEO Stuart Murray

The federal government essentially took over the project in 2007 and has committed to covering \$21.7 million in annual operating costs.

The federal and Manitoba governments also put up money for construction and last year stepped in with a loan and loan guarantee to cover a \$70-million funding gap.

THE CANADIAN PRESS

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Coun. Grant Nordman, with fellow EPC councillors Mike Pagtakhan, Justin Swandel and Russ Wyatt, said it was time for him to 'step up' and join EPC.

BERNICE PONTANILLA/METRO

Swandel, Nordman fill empty EPC spots

'Tough decision'

St. Norbert councillor back one year after very public departure



BERNICE PONTANILLA

bernice.pontanilla@metronews.ca

A year after quitting Winnipeg city council's executive policy committee in disgust, Coun. Justin Swandel is back.

Swandel and Coun. Grant

Nordman are the two new members on EPC, following the departures of Scott Fielding and Dan Vandal.

Swandel was also named deputy mayor and chair of the infrastructure renewal and public works, while Nordman is acting deputy mayor.

Asked what has changed in the past year to entice him back on EPC, Swandel said his decision is about looking forward, not back.

"We're at a time at the city where we need some solid

ground to walk on, we need some stability, we've got a year before the next election," he said on Monday.

"It was a tough decision for me to make.... I think I can do a lot better for the city by being here than by not being here at this particular moment in time."

Mayor Sam Katz said Swandel and Nordman are "valuable assets" to EPC.

"Coun. Nordman as speaker has shown over the years a very rational person, has worked

on many committees in the past, has a lot to contribute," said Katz, adding that Swandel didn't want to be on EPC a year ago but "he'd love to be here today, and he is here today, and I'm very thankful for that."

Nordman said after seven years on city council, including three and a half years as speaker, he felt it was a "natural progression" to EPC.

He also said he wanted to be part of the selection committee for a new chief administrative officer.

'Work in tandem'

Wyatt to tackle new economic portfolio

Mayor Sam Katz has tapped finance chair Coun. Russ Wyatt as the new secretary of economic development.

Katz said the new secretariat, which existed several years ago, will create a cohesive economic development strategy and find ways to broaden the tax base.

"This portfolio is a means of ensuring that Economic Development Winnipeg, our administration and our council work in tandem as far as economic development is concerned," said Katz during Monday morning's press conference to announce the new EPC members.

"Our city's growth presents opportunities and challenges, and this will be the focus of the economic development portfolio."

City officials stated in a Monday afternoon press release that "a majority of councillors" are in favour of approaching the provincial government to amend the City of Winnipeg Charter to allow the city to create Growth Development Charges or GDC — a power neighbouring rural municipalities currently have.

This charge would be a one-time fee that "enables the city to continue building growth-related infrastructure that is needed to add capacity to existing infrastructure."

The idea behind GDC, said the city, is to have growth pay its share of infrastructure costs, since right now property taxes pay for both existing and future infrastructure.

BERNICE PONTANILLA/METRO

Police look for suspect after restaurant robbed

Winnipeg police are on the hunt for a suspect after a man robbed a Polo Park-area restaurant Sunday night.

Police said a man with his identity concealed made off with an undisclosed amount of cash after confronting the 32-year-old clerk working at the restaurant in the 1000 block of St.

James Street around 9:30 p.m.

The suspect fled the scene.

The clerk was not injured during the robbery.

The suspect is described as a white man between 40 and 50 years of age with a medium build.

METRO

CrimeStoppers

Members of the Major Crimes Unit are investigating, and anyone with information about the robbery should call police at 204-986-6219 or Winnipeg CrimeStoppers at 204-786-TIPS.



City, MTS make Internet deal

Mayor Sam Katz, MTS president Kelvin Shepherd, centre, and Coun. Brian Mayes were all smiles at the Jonathan Toews Community Centre in St. Vital on Monday following Shepherd's announcement that the telecommunications company will be expanding its MTS Wi-Fi network to include arenas, recreation complexes and libraries.

BERNICE PONTANILLA/METRO



Frontiers North Adventures and Tactica Interactive have developed a new app for those planning a visit to — or those simply curious about — Churchill. BERNICE PONTANILLA/METRO

Free Churchill app a guidebook, journal

Meeting demand.
Company says visitors want to share their experiences online



BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

A Manitoba travel company has launched a free app that puts the treasures of Churchill in the palms of people's hands.

John Gunter, president of Frontiers North Adventures, said his company first thought of creating an app for their numerous international guests.

"But in order to have an app in multiple languages, we first needed an app in Eng-

lish," said Gunter.

"The app lets these guests communicate and bring their social networks into the fold during their trip."

The app, called Churchill Travel Guide and available for iPhones, iPods and iPads, contains information on the wildlife of Churchill, its accommodations and things to do while visiting the town. It also gives users the chance to record their journey through a journal.

Gunter said this aspect came about in response to the changing habits of visitors, who now expect to share details of their travels with friends and family as their journeys are happening.

"Our position was we want to keep this experience pristine, we want to provide

Connecting visitors

The app will eventually be translated into other languages. Most of the tourists visiting Churchill are from the U.S., U.K., Germany, Australia, France and China.

people an opportunity to turn off the rest of the world," said Gunter, adding that since cell-phone coverage is spotty in the north, they created the app to work well offline.

"(But) the market is telling us that they want to remain connected, they want to share their experiences with their friends and family back home, and I'm in the business of meeting and exceeding the expectations of my guests."

Cops make short work of city's latest homicides

It didn't take police long to make arrests in connection to the beating deaths of two men killed in separate homicides in Winnipeg over the last week.

Three men have been charged after 23-year-old Jamie Cook was found dead in the 400 block of King Street on the morning of Oct. 30.

Police allege the three suspects beat Cook after meeting him earlier in the evening and inviting him to a party at one of their houses.

"They were socializing, and for whatever reason, something transpired that caused these three accused to assault the victim," said police spokesperson Const. Eric Hofley, adding no weapons were used, and the killing was not gang-related.

Lyle James Lester Letandre, 19, Aaron Freedom Bluestar Meekis, 27, and Kelvin Edwin George Orvis, 27, all of Winnipeg, have each been



Const. Eric Hofley said two murders were both "a gathering with unfortunate results."

SHANE GIBSON/METRO

Growing total

The killings are Winnipeg's 20th and 21st homicides of the year.

was rushed to hospital, where he later died.

Hofley said the two homicides are not related, but similarly Houle was beaten after getting into a fight with the accused while the two were partying.

"Again it was a gathering with unfortunate results," he said. "This appears to be a case where these two individuals knew each other quite well and an altercation occurred."

Jerry Samuel William Francois, 26, of Winnipeg, is now charged with manslaughter in connection to Houle's death.

SHANE GIBSON/METRO

charged with second-degree murder.

On Monday police also upgraded charges against the suspect accused of seriously assaulting a man found beaten in the 300 block of Bannerman Avenue early Sunday.

Gary Nathan Houle, 23,



The Chicks are back in town

The Dixie Chicks' Emily Robison heads into the Fairmont Hotel on Monday afternoon after arriving on a tour bus along with band members and crew. The Chicks are back in Winnipeg for a concert at the MTS Centre tonight. BERNICE PONTANILLA/METRO



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Transit Tuesday



Weekly Transit News Update

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Winnipeg Transit will operate on a Sunday schedule on Remembrance Day. For route and schedule information please visit winnipegtransit.com or call 311.

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Anonymous demands RCMP officer be fired

Hactivism. Notorious online group threatens to release personal info about Mountie who appeared to utter slur during New Brunswick anti-fracking protest



LUKE SIMCOE
Metro Online

The hacktivist group Anonymous is demanding an RCMP officer who was caught on video appearing to utter a racial slur during anti-fracking protests in New Brunswick be fired.

Two weeks ago, members of the Elsipogtog First Nation and opponents of shale gas development clashed with police in Rexton, N.B. Five police cruisers were destroyed and dozens of protesters were arrested.



A police vehicle is seen in Rexton, N.B., as police began enforcing an injunction to end an ongoing demonstration against shale gas exploration in eastern New Brunswick on Oct. 17. ANDREW VAUGHAN/THE CANADIAN PRESS FILE

The event drew the attention of Anonymous, who launched #OpFrackOff in support of the protests. The group has previously become involved in other high-profile Canadian cases, including Idle No More and the death of Re-

taeh Parsons in Nova Scotia.

This time, Anonymous has focused on an RCMP officer who appears in a video to utter a derogatory slur while confronting Mi'kmaq activists on Oct. 17. In the video obtained by the group, an unidentified

Mountie can be heard telling protesters that "Crown land belongs to our government, not to f—ing Natives."

In documents posted online, Anonymous has threatened to release personal information about the offending officer unless he is fired by the RCMP.

Const. Julie Rogers-Marsh of the New Brunswick RCMP confirmed that one of their officers uttered the slur. She said as soon as the Mounties became aware of the incident, the officer in question was sent home and an internal investigation was launched.

"We took action immediately," she said. "This type of behaviour is unacceptable and it's taken seriously by the RCMP."

Rogers-Marsh would not say what disciplinary measures might be taken, nor would she confirm whether the results of the investigation would be made public.

Toronto. Ford theatre has some applauding, others searching for the exit

Canada's largest city remained divided over its embattled mayor Monday after a public apology from Rob Ford failed to quell the controversy over an alleged crack video.

While some saw his words as the push needed to move past a long-running drug scandal, others said little had changed for Toronto.

After first saying he was sorry on his weekend radio show, the mayor took to the airwaves again Monday morning to repeat his apology for public drunkenness and texting while driving.

As before, however, Ford dodged questions about the alleged video that appears to show him smoking crack.

For some Toronto residents, Ford's latest statements did little to change their views.

"Rob Ford's 'apology'

Staying in character

"I'll be running the ship, even if it's by myself."

Toronto Mayor Rob Ford, while challenging any member of his government who can't work with him to leave.



Toronto Mayor Rob Ford appears on his radio show, Sunday.
MARK BLINCH/THE CANADIAN PRESS

sounds to me like just blowing smoke. Never mind what kind of smoke," one person said on Twitter.

"How many lies must Rob Ford be caught in before we can officially declare him to be a liar?" tweeted another.

But Ford's supporters continued their staunch defence of the mayor.

"Despite whatever Mayor Rob Ford has done in his personal life, he is still a good mayor and people should leave him alone," tweeted one woman. "The end result is that he is saving tax payers money," said another.

THE CANADIAN PRESS

Senate expense scandal. Brazeau to colleagues: 'It can happen to you'

One of three former Conservative senators facing suspension without pay is warning all parliamentarians that the same thing could happen to them.

Patrick Brazeau made a last-ditch appeal to fellow MPs and senators Monday as the government moved to shut down debate on the proposed suspensions and force a vote on Tuesday.

"Colleagues, if this can happen to me, it can happen to you," Brazeau wrote in a letter to all parliamentarians.

"I recommend you have a lawyer examine all claims you submit before you submit them," Brazeau advised his colleagues. "You may cur-

rently believe you are being compliant with (House of Commons) or Senate policy. The rules may change without your knowledge and you may find yourself kicked out of your caucus, being suspended without pay and being scapegoated in the media as some kind of entitled 'fat cat.'

"This can happen in spite of the fact that you are completely compliant with a given policy. This can happen even though you never submit per diems for lunch and brown bag it every day. Your compliance is irrelevant if internal economy says that it is, as they are above the law."

THE CANADIAN PRESS

Montreal

Airport fire sends 5 to hospital

A fire on the tarmac at Montreal's Trudeau airport sent five to hospital with minor injuries Monday.

The blaze erupted on a baggage belt unloading

a Royal Air Maroc flight arriving from Casablanca just before 5 p.m. Airline personnel chose to evacuate the Boeing 767.

Seven were treated for smoke inhalation on the spot, with five of them going to hospital for treatment.

THE CANADIAN PRESS

54 Canadians snared in child porn sting with fake 10-year-old girl

Webcam child-sex tourism. Researchers created a 3D animation of the girl to convince men she was real

A sting operation has turned up dozens of Canadians among thousands of adults willing to pay to watch a 10-year-old Filipino girl perform sex acts on a webcam, an international children's rights group said Monday.

The group Terres des Hommes, operating out of Amsterdam, said 54 Canadians were among more than 1,000 adults from 71 countries identified during the 10-week project.

"It's frightening to see that these people think that the Internet is a completely lawless space," said one of the researchers for the group, who identified himself only as Peter

Predators

In all, the researchers identified more than 1,000 predators — including 254 Americans and 110 Brits.

- They said they would have been able to ID far more if they had more time and resources.

for fear of reprisals.

"The most shocking part of this — aside from the horrific child-abuse material that we were sometimes sent — was just the fact that it was so easy to catch these people. They have zero risk perception."

Detailed identification information was now in the hands of Interpol for passing on to national law-enforcement authorities to investigate, Peter told The Canadian Press from Amsterdam.

Canada's Criminal Code prohibits accessing child pornography and child prostitution, so the law should be adequate for prosecution, the group said.

In all, 20,172 adults offered to pay between \$1 and \$100 using untraceable prepaid credit cards to have "Sweetie" perform a sex show via webcam — despite being told at least twice that she was only 10.

Until now, Peter said, he believed police had a good handle on webcam sex tourism. The project has shown that's not the case, he said.

"The idea that police are on top of this kind of child abuse is just an illusion," Peter said.

The group has posted a documentary about its investigation on YouTube — youtube.com/sweetie — and has begun a petition aimed at pressing authorities and politicians to do more to halt such illegal sex shows. **THE CANADIAN PRESS**



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Budapest

Hungarian lawmaker admits beating partner

Hungarian prosecutors say that a lawmaker who claimed his partner had injured herself after tripping over their large dog has confessed to punching her in the face, grabbing her hair and slamming her head against wooden terrace railings.

Prosecutors said Monday that Jozsef Balogh was drunk on April 28 when he assaulted his partner.

THE ASSOCIATED PRESS

T-shirts for action

U.S. actors protest Russian ban on gay 'propaganda'

Actors Jonah Hill, Jamie Lee Curtis and Kristen Bell are among a batch of celebrities donning Russian-language "Love Conquers Hate" T-shirts to show support for gays in Russia alarmed by a new law banning pro-gay "propaganda."

It's part of an initiative launched Monday by the Human Rights Campaign.

THE ASSOCIATED PRESS

First appearance in months. Egypt's ousted president defiant in court

After four months in secret detention, deposed President Mohammed Morsi defiantly rejected a court's authority to put him on trial Monday, saying he still was Egypt's leader and that those who overthrew him should face charges instead.

The trial, which was interrupted twice on its first day by shouting in the raucous courtroom, was then adjourned until Jan. 8 to allow lawyers time to review the case against Morsi and his 14 co-defendants — all prominent members of the Muslim Brotherhood.

Morsi, Egypt's first freely elected president, had been held at an undisclosed location since the military ousted him in a coup July 3. His appearance in court represented a step by the military-backed authorities toward granting him due process in the face of mounting criticism by rights groups.

Morsi and his co-defendants face charges of inciting the killing of protesters who massed outside the presidential palace in December and demanded he call off a referendum on a new constitution drafted by his Islamist allies. Brotherhood

Morsi in court

The 62-year-old Morsi, who wore a dark blue suit and light shirt, was feisty and healthy-looking during his court appearance.

- He refused to wear a prison uniform as part of his rejection of the trial's legitimacy, according to security officials.

members attacked a sit-in by the protesters, sparking clashes that left 10 people dead.

Reporters in the courtroom were not allowed to bring cameras, computers or cellphones as authorities sought to keep tight control on the proceedings, clearly wanting to prevent protests and clashes in the streets.

"This case (of violence) is a turning point and the beginning of the downfall of Morsi," said Ragia Omran, a civil lawyer who represents two of the victims.

If convicted, Morsi and the other defendants could face the death penalty.

THE ASSOCIATED PRESS

IPO. Young adults cool on buying Twitter stock

Twitter faces skepticism from potential investors and the broader public ahead of its initial public offering, according to an Associated Press-CNBC poll released Monday.

Twitter plans to make its Wall Street debut this week and, surprisingly, 52 per cent of people ages 18 to 34 say investing in the company's stock is not a good idea.

Some 36 per cent of Americans say buying stock in the seven-year-old short-messaging service would be a good investment, while 47 per cent disagree. Last May, ahead of Facebook's IPO, 51 per cent of Americans said Facebook Inc. would be a good investment. Just 31 per cent didn't agree.

Twitter Inc. will begin trading on the New York Stock Exchange on Thursday morning after setting a price for its IPO sometime Wednesday evening.

THE ASSOCIATED PRESS



Dog could fetch \$55M

Balloon Dog (Orange) by Jeff Koons is scheduled for auction at Christie's auction house next Tuesday, where it's expected to sell for up to \$55 million US. CHRISTIE'S/THE ASSOCIATED PRESS



The Square will debut exclusively on Netflix early next year. The streaming service broke new ground when it won an Emmy for House of Cards, now the company seems focused on adding an Oscar. NOUJAIM FILMS/THE ASSOCIATED PRESS

And the Oscar goes to ... Netflix for The Square?

First the Emmys, now the Academy Awards.

The video-streaming service has its sights set on new movie premieres

Netflix has acquired the first-run rights to a documentary on the Egyptian protests in Cairo's Tahrir Square, signalling a new

push by the subscription company to program movie premieres.

The Square will debut exclusively on Netflix early next year. The documentary depicts the tumult of the Egyptian Revolution beginning in 2011.

In a letter to shareholders this year, Netflix executives said the company would expand its growing library of original content beyond new TV shows like

Award bait

The Square will have a short theatrical run to qualify the film, an award-winner at the Sundance and Toronto film fests, for Oscar consideration.

House of Cards and would seek to add "broadly appealing documentaries." THE ASSOCIATED PRESS

Random biz fact of the day

1 in 3

1 in 3 employers rejected candidates based on something they found about them online.

BEHIRING/NEXCAREER

Market Minute



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Natural gas: \$3.44 US (-4¢)
Dow Jones: 15,639.12 (+23.57)

Waterloo, Ont. BlackBerry hires turnaround expert after failure to get a buyer



John Chen will replace BlackBerry CEO Thorsten Heins on an interim basis. RICHARD DREW/THE ASSOCIATED PRESS

A well-connected U.S. tech industry veteran with a track record on turnarounds, John Chen has been named to lead troubled Canadian mobile telecommunications giant BlackBerry Ltd., the company announced Monday.

As executive chairman, Chen will be responsible for its strategic direction, strategic relationships and organizational goals, the Waterloo, Ont.-based company said.

The move came as BlackBerry failed to attract a buyer for the company by Monday's deadline, throwing its future into doubt.

Its largest shareholder, Fairfax Financial Holdings, along with other investors, has thrown it a \$1-billion US lifeline through the purchase of convertible debentures.

But more change is coming.

Chen will also become interim chief executive officer when the debenture deal closes, likely in two weeks, while the company searches for a successor to departing CEO Thorsten Heins, the company said.

A Hong Kong native who trained as an electrical engineer in the U.S., Chen has worked at a number of large tech industry firms. TORSTAR NEWS SERVICE

Gay rights

Following uproar, Barilla pledges to improve diversity

Italy-based pasta maker Barilla is pledging to improve diversity after protests were sparked by an executive's claim the company would never feature ads depicting gay families.

In September, gays and others raised calls to boycott Barilla products, which include cookies and bread. Many of the company's ads depict heterosexual couples with children gathered for meals. THE ASSOCIATED PRESS

UN dietary guidelines

Nestlé products to have less salt

The world's biggest food-and-drink company is pledging to speed up making hundreds of products with less salt to honour new UN dietary guidelines.

Nestlé says further cuts in salt would be made in all its food brands worldwide in keeping with the World Health Organization's new guideline that adults should limit salt intake to no more than five grams per day.

THE ASSOCIATED PRESS



Give empty beverage containers a new life.



Douglas Coupland

Douglas Coupland's latest novel, *Worst. Person. Ever.*, is available from Random House Canada.

Day 2

metronews.ca/temp

Hipster for hire

**Yeah, I work...
at perfecting
the creases on my
distressed denim**

British Columbia's provincial government got a lot of attention in 2012 for transit ads declaring "hipster is not a full-time job."

The jury is still out, but it can certainly be a lucrative temp job.

Modelling agency Voltage Entertainment placed a Vancouver Craigslist ad Oct. 8, looking for the face of brand ambassador "Hipster Randy."

Said hipster would be paid \$2,500 a month and be on call for whenever the newest vintage clothing, vinyl record, craft brewing, organic farming operation needs a hunky, unshaven, flannel-clad, thick-framed-glasses-wearing man to give them instant "too cool to care" street cred.

Whatever.

MATT KIELTYKA/
METRO



Temp Accepts a Slightly Random Date with Chinese Guy

Today was Thursday. In the future, every day of the week will be Thursday. We're all going to be working to the grave and we all know it so days of the week will be meaningless. I call it Permaturus — I just happened to the future before most people. Permaturus isn't totally bad, but without the Internet it would be truly horrible.

My morning highlight was when Kyle the bike courier showed me his new forearm tat, a bleeding dagger, which sounds cliché but it was actually kind of hot, even though Kyle's not my type. Everyone in the office thinks we're some Big Item, and when we flirt everybody turns into gum-chewing zoo visitors staring at the chimp cage hoping something frisky transpires.

Then the day quickly went sideways. First, my daily ride home bailed on me — my sister, Amy, who just landed a gig teaching yoga for tweens at the now-empty Barnes & Noble on Route 34.

"Shanny, I hear buses are great these days. Like hotels, practically. You can blog about it — it's free content — you own your bus ride!"

Second, Kevin Taylor's and Andy Kimura's flight back from Beijing was grounded for a day because of a bird flu scare: scheduling mess. Third, there was a Norovirus outbreak at the Bunmeister during yet another lunchtime farewell party.

At 4:30, while I was puzzling over how to bus it home, the Danimal hobbled up to my desk, obviously deeply regretting his Bunmeister's Cheesetastic Meatball-icious sub.

"Dan, maybe you need some of those super-drugs they give to people on cruise liners."

"Shannon, I need you to do some overtime for me — for the company."

"Look, I'm not talking hookers and blow; I'm talking chicken fingers and 3-for-1 margaritas ..."

Twice my regular hourly rate? "Sure. What is it?"

"I need you to take a client out for drinks and dinner."

"What? No!"

"Shannon, here's the thing, all of us are dying and this guy has to be taken care of."

"Meaning?"

"Look, I'm not talking hookers and blow; I'm talking chicken fingers and 3-for-1 margaritas at Mister McFunbury's out by the off-ramp that takes you out to the oil refineries. This guy's not high up the food chain, but we can't not do something."

I stared him down. "OK, one: a week of free taxi cabs. Two: cash up front for the food — my cards are all maxed out. Three: drinks, dinner, dessert and goodbye. Two hours max."

"Agreed."

"Who is he, anyway?"

Random fact of the day

Coffee cold this morning?

- You can heat it up with sound energy by yelling at it for eight years, seven months and six days.

SOURCE: MSN.COM



"I think he's the idiot son of one of the engineers who's disassembling one of our lines. Andy says he's the guy who inserts the harpoon so they can reel it all back to Asia."

"Sounds colourful. OK. I'm in."

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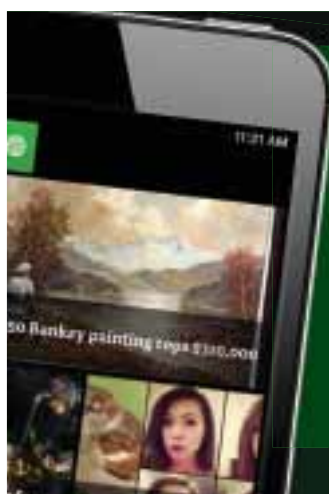
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HOW TO LOOK MORE ATTRACTIVE

There are many benefits to surrounding yourself with a great group of friends: Companionship, emotional support, always having someone to drive you home after you've had too many glasses of wine. But did you know that your pals also have the potential to make you appear more physically attractive?

Researchers at the University of California, San Diego, recently conducted a study to determine the validity of the so-called "cheerleader effect." Popularized by on-screen ladies' man Barney Stinson from the TV show *How I Met Your Mother*, the theory suggests that people seem better-looking when seen in a group context. I'll ignore my reservations about why academics are investing time and resources into proving the scientific merit behind the deranged ramblings of a television character, and get to the details.

Psychological scientists Drew Walker and Edward Vul con-



SHE SAYS

Jessica Napier

metronews.ca

ducted five separate experiments among 130 undergraduate students at the university to evaluate how people's perceived beauty might vary depending on whether they're alone or in a group. Participants were asked to rate the physical attractiveness of 100 individuals by looking at a variety of photographs. Sometimes the subjects were shown in a group portrait with two other people, other times the pictures were cropped to show the person alone. Overall, test subjects scored about two percent higher in terms of looks when shown as part of a group. Not an overwhelming beauty-boost, but statistically interesting enough to make me reconsider posting so many selfies online.

While the findings of the study might seem somewhat predictable — people who are socializing with others usually appear happy, confident and thus more appealing than solitary

loners — there's actually a bit more science to this phenomenon. The rationale behind the cheerleader effect has to do with our brain's subconscious tendency to merge facial features when looking at more than one person. We tend to read faces in group settings as ensemble representations and diminish individual's idiosyncrasies in the process. Unattractive characteristics that would stand out if seen in isolation are leveled out to give everyone an average group face. In this case, being average-looking is actually a good thing.

And while the 'cheerleader' label brings to mind acrobatic females in short skirts, the theory actually applies to both sexes. Men and women were consistently regarded as better looking when in the company of two or more people of the same gender.

"Having a few wingmen or women may indeed be a good dating strategy" the researchers are quoted as saying.

"The effect is definitely small, but some of us need all the help we can get," Vul said.

Follow Jessica Napier on
Twitter @MetroSheSays



Sharp instincts earn photographer top prize



COURTESY DOMINIKA WYPYCH

Sixth sense captured with a camera phone

Dominika Wypych, of Sweden, is one of this year's global grand winners of Metro's Photo Challenge with her submission of the Weimaraner that she snapped with her cellphone. This year's challenge entailed capturing a sense — which in this case is the sixth sense. **METRO**

Quoted

"The picture I took is of my dog, Salsa, who has cancer. This was the day before she was going to surgery and we wanted her to get a run in the woods, even though it rained. Since dogs are smarter than you think, she felt that something was going to happen. I saw it on her. So I wanted to capture the moment and took the picture with my camera phone, because it was really a 'sixth sense' moment." Dominika Wypych, 34, Stockholm

Shutterbugs

Metro Photo Challenge was introduced nine years ago in Sweden and ran globally for the first time in 2007.

Click metronews.ca for more photo contest submissions.



Clickbait



ANDREW FIFIELD

andrew.fifield@metronews.ca

Archive.org is a rabbit hole of audio, video and literature culled from decades worth of media. Like most rabbit holes, it's hard to know where to start — but it's hard to beat the old-timey charm of 1940s radio programs. Try searching out these to get started.



POLOGOOMBA/FLICKR

Secrets Of Scotland Yard: A fantastic true crime series that aired from 1949-51 that's packed with rich British accents, nefarious characters and schemes targeting the crown jewels (of course) and "unsightly" wives.

Mel Blanc Radio Show: Mel Blanc, a.k.a. the voice of nearly every Looney Tunes character you've ever seen commit a horrifying act of violence, was handed the reins of his own show in the 40s where he developed an eponymous repair shop

owner who has no business being in that line of work. Special guest stars include sadly obsolete words like "nincompoopery."

Orson Welles Radio Almanac:

Readings from Shakespeare, 19th-century newspapers and presidential letters are among the highlights from this 1940s miscellany assembled by a true legend. A D-Day episode that dramatized news of the Normandy landing is essential listening.

Letters

RE: Don't Believe Everything You Think, says Metro's Paul Sullivan, published Oct. 30

While everyone is entitled to their own opinion, I think that publishing this article was in poor taste. Who is he to say what people can or cannot believe in? Just because science has proven that things don't exist, doesn't mean that we can't believe in them. Each and every person thinks and perceives (and believes) things in different ways, so to say to someone 'science proved this to be untrue; change your

belief now,' is really low.

I also noticed that while angels, ghosts and Lucifer were touched upon, God was omitted. Why should you say that I can't believe in eternal damnation but eternal salvation is OK? If he was going to beat down those who believe in ghost and spirits, why not include those who believe in God?

Not to mention that while the article in whole is rude and condescending, the ending paragraph basically tells the readers that he is right and while people are bound to complain, they're nothing but 'trolls.'

Treasa Betts, Vancouver

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

DVD review



White House Down

Director. Roland Emmerich

Stars. Channing Tatum, Jamie Foxx

The word “excess” obviously doesn’t appear in any dictionary owned by Roland Emmerich. There’s no such thing as too much of anything to this most bellicose of filmmakers. So *White House Down* has exactly what you’d expect from the man and from the genre, only louder and dumber. If only he knew what to do with it. Emmerich can’t seem to decide whether he’s making a cautionary thriller about liberty’s need for eternal vigilance or a blows-up-good buddy comedy featuring a bad-luck cop (Channing Tatum) and a badass prez (Jamie Foxx). Other films have car chases. This one has a car chase on the White House lawn, with the president inside an armoured limo brandishing a rocket launcher, trying to escape bad guys by blowing a hole in the iron fence. The only thing missing from this scene is a Dukes of Hazzard soundtrack. Some Emmerich films are dumber than the others, and this is one of the really dumb times.

PETER HOWELL

Record label’s business is all about rocking the cradle

Rockabye Baby. CMH Label Group turns your favourite tunes into lullabies for baby — so you can sing along

PAT HEALY

Metro World News in Boston

Lisa Roth often finds herself giving unlikely advice to musicians who are covering songs by the likes of Black Sabbath, Guns N’ Roses, Jay Z and Kanye West.

“A lot of the times it’s, ‘I want you to produce this like there’s a baby sitting in your lap while you’re doing it,’” she says.

As vice-president and creative director of the CMH Label Group, Roth oversees a branch of the label that produces the *Rockabye Baby* series, in which musicians have taken the aforementioned artists and created lullaby renditions of their best-known work.

Roth created the series with co-worker Valerie Aiello in 2006 and she has since overseen more than 50 releases.

This week sees the release of a Nickelback compilation.

“When we developed this idea, no one here had kids,” says Roth. “I am not sure we would have thought about lullaby versions of Tool if we did have kids.”

For the uninitiated, *Rockabye Baby* releases are like a private game of Name That Tune that parents can play while their little ones benefit from soothing arrangements



Lisa Roth, the executive producer of *Rockabye Baby*. EARLY GIBSON

of classic tunes. Where a song like the Foo Fighters’ *Monkey Wrench* in its original incarnation is characterized by its hard guitars crunching up against bombastic drums and Dave Grohl’s rock ‘n’ roll screams, the *Rockabye Baby* version is an instrumental playground, led by harmonizing glockenspiels and filled out by little bird chirps, rattles and cute honks.

CMH Label Group releases about eight compilations per year, working with a small handful of producers, and Roth says the back-and-forth with a producer for each release could take as long as six months.

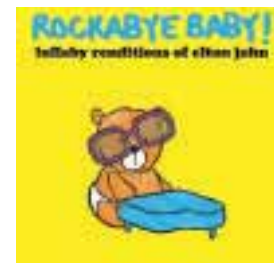
“There’s a certain amount of training that we have to go through with these people be-

cause it’s kind of nuanced: It’s not an easy thing to do. I think people have preconceived notions when it comes to a lullaby, as if you should just play quieter and slower, which is not the case at all,” she says.

“First of all, we are a record label, not a children’s company. The music, whether the consumer notices it or not, means a great deal to us.”

Yes, the consumer in question is a baby, one who’s unknowingly being introduced to the greatest pop music of the past few decades (yes, there are people who would put Nickelback into that category, sadly).

But the consumer is also the parent who can hear songs he or she already loves without having to suffer through



nonsense by purple dinosaurs or men in brightly coloured turtle-necks.

“I get to spend chunks of my day doing this thing,” says Roth, “and listening to music and deconstructing these songs and picking the instruments, and it’s like painting a little picture, and trying to do it with utmost deference and respect to the artists so they don’t get annoyed.”

It’s not the size of the part that matters

The long-awaited film adaptation of *Ender’s Game* has sparked more online discussion than most movies — whether among science-fiction fans or folks upset about author Orson Scott Card’s anti-gay views — so it would make sense for its 16-year-old star, Asa Butterfield, to avoid the Internet. But he’s not one for conventional wisdom, apparently. And while he’s been making his mark in lead roles in his young career, Butterfield appreciates that it’s not the size of the part that matters — something he picked

up from Glengarry Glen Ross.

Isn’t it a bit dangerous when you’re in a movie to go around looking for stuff about it online?

Obviously I’ve got to respect that of course other people are going to have opinions, but I think it’s impossible to not read things on the Internet.

Are there any areas where you can compromise if need be?

For me, definitely one of the most important parts is the

character. It may be a lead, it may be a supporting part, it may just be very little, but as long as you can make your mark on the film, then you’ve sort of done your job. And one of the films I always refer to when talking about this is, do you know the Glengarry Glen Ross film? Alec Baldwin comes in at the start and pretty much just tells them to sharpen up. That scene, I mean that has one of the best pieces of acting I have ever seen — and it’s his only scene in the film.

NED EHRBAR/METRO



Asa Butterfield, left, stars in *Ender’s Game*, which opened Friday. CONTRIBUTED



Lady Gaga ALL PHOTOS GETTY IMAGES

Lady and the Taylor: Are Gaga and her guy going to call it quits?

Lady Gaga and her Chicago Fire boyfriend, Taylor Kinney, have reportedly split up again, with Kinney citing her "insane workload" as an obstacle they can't get past, according to the Sun. "Taylor has told her she's married to her career and he can't deal with dating Gaga the mega-star and all her obsessions and alter-egos," a source says. "He loves the cool down-to-

earth girl but hardly gets to see her." Seemingly proving Kinney's point, Gaga reportedly wants to address the issue — when she has a spare moment. "Gaga's hoping to meet up with Taylor when their schedule allow to talk things through," the source adds, but "Taylor told her they need time apart, and it's looking as if this might lead to a permanent split."



Dolly Parton

Twerkin' nine to five: Dolly doesn't mind how Miley makes a livin'

Plenty of members of the music community have offered Miley Cyrus unsolicited advice on how she's presenting herself, but don't expect Dolly Parton to join the chorus. "If she needs my opinion on something I will surely give it,

and there have been times we've talked," Parton, who happens to be Cyrus' godmother, tells the Standard. "But I would never dream of calling her and saying, 'Well, why are you doing this?' or, 'You shouldn't do this or that.'"

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Did that slo-mo beach dash prep Pam for the real deal?

MELINDA
TAUB

Metro World News

Some marathoners can bounce back from a 26.2-miler like it was a walk in the park. Pamela Anderson does not appear to be one of them.

After her outing in Sunday's ING Marathon in New York City, Pamela tweeted a pic of herself covered in ice packs in bed. It's captioned, simply, "Ouch!"

I'm sure Pamela thinks the pain was worth it, though: The Baywatch star, who ran the marathon with her brother Gerry,

raised nearly \$76,000 for the J/P Haitian Relief Organization.

According to the marathon results page, Anderson finished the marathon in 5:41:03 — not bad for a 46-year-old lady who's used to running down beaches in slow motion. Several famous marathoners beat her, though: Fellow beautiful person Christy Turlington bested her by nearly an hour with a time of 4:35:32, while ER and Top Gun star Anthony Edwards, visibly energized on the course by the cries of "Goose!" that I shouted at him, crossed the finish line in 4:45:26.

Of course, the winner, Kenya's Geoffrey Mutai, could have finished the course twice before a single one of these celebs crossed the finish line. So Christy shouldn't get a big head.



Michelle Pfeiffer

Cult leaders may have tried to recruit a young Michelle Pfeiffer

Michelle Pfeiffer says that she was taken in early in her career by a pair of "very controlling" personal trainers who turned out to be cult leaders — and she didn't realize it until it was almost too late. "I wasn't living with them but I was there a lot and they were always telling me I need to come more," she tells Stella magazine. "I had to pay for all the time I was there, so

it was financially very draining." The truth of the situation dawned on her while helping her first husband, Peter Horton, research a film in which he'd been cast about the Moonies. "We were talking with an ex-Moonie and he was describing the psychological manipulation and I just clicked," she says. "I was in one." She doesn't specify how she got out, though.



Yoko Ono

Yoko and Paul let their long-time beef be

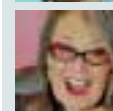
Relations between Yoko Ono and Paul McCartney seem to have finally thawed, with McCartney telling Rolling Stone recently that he gets along fine with John Len-

non's widow. Ono tells the Associated Press that it was good to hear and that she's "thankful" for his kind words. "He's a rocker," she says.

Twitter



@josswhedon
If I could do karate I probably would



@TheRealRoseanne
the devil is strong in this world-



@RebelWilson
I got HEAPS OF paper cuts today opening up a package of bathroom supplies. Such is life.



Even gods need to feel the burn

Workout. As Chris Hemsworth reprises his role in Thor: The Dark World, we speak to his personal trainer, Michael Knight, about how he stays fit

ROMINA
MCGUINNESS
life@metronews.ca

"Once you get an actor to their desired shape, the tricky part is keeping them there — a lot of people tend to slack off," says Michael Knight, who's been training with Chris Hemsworth on and off for years.

Yeah, even the star of the new film Thor: The Dark World has a hard time maintaining that Viking god bod.

"Chris is in and out of movies, so the hardest part for me is making him lose weight quickly, and then getting him to put it back on without his body looking like hell," says Knight.

Hemsworth lost 30 pounds to play an F1 driver in Rush, and then had to put it right back on in time for Thor.

"So I always try and simulate that same workout in order to maintain his body shape in the long-term."

The maintenance workout designed by Knight specifically for Hemsworth revolves around three 20-minute sessions, which he does up to five times a week.

"My system is effective, and means you don't have to go out and do things that are going to tear up your body — like too much running or heavy weights," Knight said.

"The workout starts off



The workout has clearly paid off. WALT DISNEY

slow and finishes with a fury. On some days, you're going into the time under tension method, which is where you're using really heavy weights to tire your core and kettle bells. On other days, you might be doing double kettle bells, or working with a heavy tire, and finishing with a cardio blast."

The Chris Hemsworth maintenance workout

If, like Hemsworth, you're already in shape, then this

workout is going to keep your body strong. And it's all about big lifts.

"The idea is that you continually rotate body parts: so, one day you work your chest, the next day your back, then your shoulders, and then you go back to your chest, and so on. But you'll always be working the hips and the legs — they're the largest muscles in the body, and unless they get stronger, nothing else can," says Knight.

You're sometimes going to hit the same part twice in that week, sometimes once, but you're always going to start fresh again on Monday.

The workout is complicated, and unless you're think-

What's on Thor's plate?

When it comes to food, you need structure. Knight recommends you keep your diet clean by sticking to complex carbs, lean protein and healthy fats.

- **The protein.** Chicken, fish, plant-based protein powder, whole eggs.
- **The carbs.** Oatmeal, green vegetables, brown rice, sweet potato and very little fruit.
- **The fat.** Grass fed butter, coconut oil, avocado.

ing of auditioning for Thor 3, you don't need to go into so much detail. Here's the dummy version of the Chris Hemsworth maintenance workout.

Monday

Chest day

You'll have rested on the Sunday, so today is a big barbell day. Your body is going to be torched.

Workout highlights

Barbell squats and barbell bench presses followed by double kettlebell front squats and inclined dumbbell presses.

Tuesday

Back day

You're going to be a little tired and sore from Monday. You want a total body workout that's intense, but not so hard it's going to crush your body.

Workout highlights

An active warm-up of one-legged dead lifts, followed by back weighted pull-ups, and double kettlebell circuits to work the hips and the core.

Wednesday

Day off

Thursday

Shoulder day

This is a big day as you're coming off from recovery. Go back to your barbells.

Workout highlights

An active warm-up of dead lifts and strong man log presses followed by light squats and thrusters. Finish with ropes gone wild.

Friday

Chest day

100 per cent dumbbell day. Give it a quick pump.

Workout highlights

Inclined dumbbell presses with squats, followed by push up circuits and kettlebell snatch.

Saturday

Back day

This is a "show me what you've got left" day.

Workout highlights

Unweighted pull-ups, dead lift heaven balls and a metabolic cardio circuit, followed by jump ropes.

Sunday

Day off.

3 T H E E



Give empty
beverage containers
a new life.



Quit smoking. There is no reason to dread Monday anymore



Butting out has never been easier. ISTOCK PHOTOS

Smokers around the world are more likely to consider quitting smoking on Mondays, according to a recent study published in the Journal of the American Medical Association, Internal Medicine.

This joint study monitored Google searches in English, French, Chinese, Portuguese,

Russian and Spanish over five years and found consistent data for each country.

According to the study's lead author, San Diego State University's John W. Ayers, the findings could be used to direct the way health officials and clinicians approach smoking cessation.

METRO

Best Health

Delicious dynamic duos



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-Chief
Best Health Magazine

At Best Health, we regularly look into the latest research on food science and how certain healthy foods work together to provide even more nutritional punch. We call these dynamic duos, and in our October Eat Well issue you'll find the latest installment featuring these powerful food pairs.

Kale and walnuts

Together, they safeguard eye health. Kale and

other dark leafy greens contain lots of lutein and zeaxanthin, a dynamic antioxidant that protects against cataracts and macular degeneration, both of which are leading causes of blindness.

The antioxidants are deposited in the retina, where they reduce sunlight damage.

You can bolster their

absorption by eating leafy greens with some healthy fats such as walnuts.

Side dish idea

Stir-fried kale with toasted walnuts.

Sweet potato and black pepper

Together, they help ward off cancer. Beta-carotene, an antioxidant in sweet potatoes, squash and carrots, has been shown to help reduce the risk for certain cancers, including breast and uterine, by limiting oxidative cell damage.

A 2009 study shows that black pepper improves the intestinal absorption of beta-carotene.

Healthy dip

Roast a couple of sweet potatoes: pulse in food processor with black pepper, ginger and a little olive oil and orange

Walnuts and kale make a healthy pair.
ISTOCK PHOTOS



juice.

Beets and Eggs

Together, they help maintain brain function.

The nutrient betaine — which is high in beets and spinach — paired with choline, abundant in egg yolks and in liver, are a dynamic duo. Why? A 2010 study found pairing them up can lower blood levels of homocysteine, an amino acid produced in the body, has been linked with a decrease in brain health as we age, and is shown to raise heart-disease risk.

Recipe idea

Roast cubes of peeled beet in vegetable oil in a 400 F oven for 20 minutes. When cool, toss with chopped romaine lettuce, crumbled feta, and an olive-oil dressing. Top with slices of hard-boiled egg.

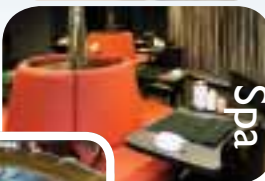
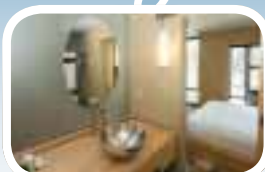
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What do you mean there isn't two O's in the word Mom?

Tattoo mistakes.

Think Before You Ink campaign raising awareness about the number of tattoos with errors in them

KIERON MONKS
Metro World News

Whether declaring love for the wrong person, or announcing a medical condition rather than a profound philosophy, an epidemic of tattoo mistakes are horrifying the body art community.

The worst type is foreign-language messages, for which over 60 per cent carry errors, according to translator and interpreter Sharon Stephens, who has set up Think Before You Ink, a campaign designed to avoid such awkwardness.

Was it an especially disgusting tattoo that encouraged you to launch the service?

Numerous really; there is huge demand for foreign language tattoos and I have seen some nightmares.

I thought there needed to be a service that allowed people to check and make cancellations, as there was nothing before.

What are the most common or worst mistakes?

Chinese seems to be the main one. There was one man who thought he had "prosperity" but it was "diarrhea," another wanted "love and charity" but got "sweet and sour chicken." Since the campaign began people have approached us with more errors. David Beckham got his wife's name wrong in Sanskrit, and one man annoyed a Chinese tattooist, who wrote "cheapskate" on his arm.

Interesting. So are the artists to blame?

They know what they are putting on, but people need to be aware that literal translations are often totally wrong so they need to be clear on the meaning.

One artist told me he would always get a local Chinese restaurant to do translations.



David Beckham is no stranger to tattoos, but he got his wife's name wrong here in Sanskrit. LINTAO ZHANG/GETTY IMAGES



Chinese symbols are a common tattoo mistake. CONTRIBUTED

Is the problem also that people get tattoos when they're trashed and not thinking straight?

Western people seem to consider languages like Chinese to just be pictures rather than words, so they don't really consider the meaning. More than six out of 10 are wrong.

Tattoo mistakes

Do you have tattoo mistakes that you're embarrassed by?

- Online. Find out more about the campaign at veritaslanguagesolutions.com.

The smart ones check first.

Besides language, many tattoos are offensive for esthetic reasons. Will you support a campaign against these?

I agree, but we can't do much about that. People need to take responsibility, as a mistake can be devastating.

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Eggplant gets fried and spiced and everything nice

1. Heat the oven to 350 F. Sprinkle the eggplant slices lightly on both sides with salt. Transfer to a large colander, then set in the sink and let drain for 15 minutes.

2. Meanwhile, in bowl combine the flour, cumin, paprika and cayenne. In a second bowl, whisk egg and water. In third bowl, place the bread crumbs.

3. Pat eggplant slices dry. One at a time, dip each slice first in flour, shaking off excess, then the egg, letting the excess liquid drip off, then the bread crumbs, knocking off the excess crumbs (they will clump).

4. In skillet over high, heat 1 1/2 tablespoons of oil. Add eggplant slices, reduce heat to medium and cook until golden, about 2 minutes. Flip slices, add remaining tablespoon of olive oil and cook until golden on the second side, about 2 minutes.

5. Transfer the slices to a sheet

Fried Spiced Eggplant with Cucumber-Garlic Sauce



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

pan. Bake on the oven's middle shelf until the slices are tender, about 15 minutes.

6. While the eggplant is bak-

ing, grate the cucumber on the coarse side of a grater. In a small bowl, combine the grated cucumber with the yogurt, garlic and a bit of salt.

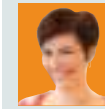
Ingredients

- 1 small eggplant (1/2 pound and about 2 inches wide), cut crosswise into 1/3-inch-thick slices
- Kosher salt
- 2 tbsp all-purpose flour
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1/4 to 1/2 tsp cayenne
- 1 large egg
- 1 tbsp water
- 1 cup panko bread crumbs
- 2 1/2 tbsp extra-virgin olive oil, divided
- 2-inch piece seedless cucumber
- 1/2 cup fat-free plain Greek yogurt
- 1 small clove garlic, minced

7. To serve, transfer the eggplant slices to a platter and top each with a generous spoonful of the yogurt sauce. Sprinkle with parsley. **THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

Health Solutions

Eggy truth



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

You know by now that the whole eggs are bad for your cholesterol thing is a myth. Except for extreme cases, an egg a day is perfectly healthy and it brings with it omega 3 fat, protein and brain protecting choline.

These days, though, you can spread your wings and try more than the run of the mill hen variety. Check these out:

- Lisa Hill of Pheasant Hill Farm in Owen Sound, Ont. raises pheasant, guinea fowl, partridge and duck eggs. All of her birds can "dust bath, chase and eat bugs, scratch in the gardens, spread their wings out in the sunshine or fly up and

perch in a tree," which provides them a broader variety of nutrients. You have to find her or another farmer like her at their farm gate or farmers market, though.

• Quail eggs are tiny, pretty additions to any dish and they are said to be more concentrated in nutrients. Likely a poor and expensive choice for an omelet but chefs suggest their use as a garnish.

• Duck eggs are more widely available, richer and bigger versions of the chicken egg. Found in specialty shops, Asian markets or high end grocers, these large, oily yolked options will make the best fried egg sandwich any brunch can muster.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MY-FRIENDINFOOD.COM



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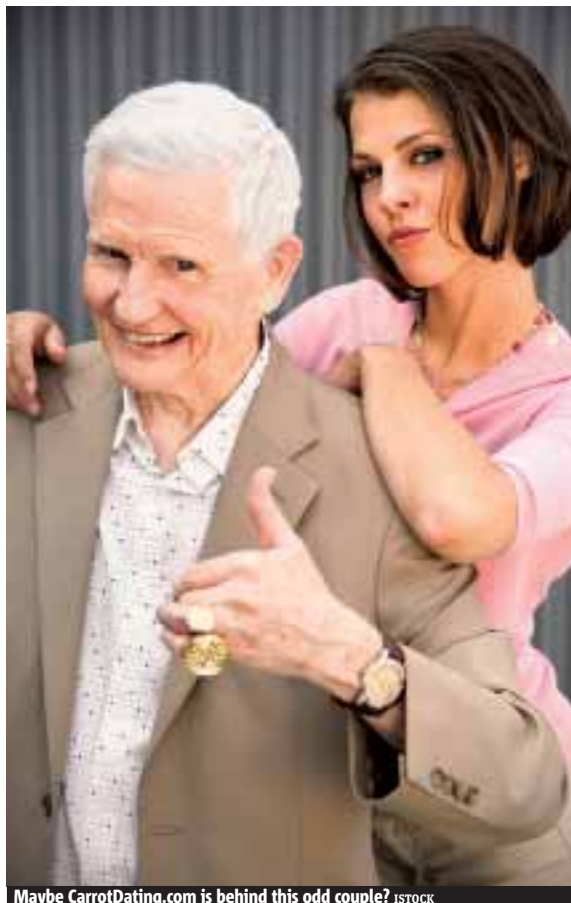
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Maybe CarrotDating.com is behind this odd couple? ISTOCK

Hey baby, wanna earn some flowers tonight?

CarrotDating.com. Brandon Wade's newest app — which lets users bribe their way to a date — has stirred up some controversy

MICHELLE CASTILLO
Metro World News

MIT grad Brandon Wade — king of controversial dating apps — has a new one stirring up controversy: Carrot Dating. CarrotDating.com allows men and women to offer incentives — called “bribes” — to one another in order to snag a date. While some incentives are as innocent as flowers or dinner, others include a big trip or plastic surgery.

This comes on the heels of Wade's other ventures, sites

like SeekingArrangement.com and WhatsYourPrice.com, which hooked up rich men with willing women. Wade insists this isn't prostitution, nor sexist. In fact, 25 per cent of the bribes are initiated by women, he claims. We asked him more about the slippery slope.

So Carrot Dating is...?

Carrot Dating really is bribing somebody for a date. I think when you look at most of my other dating websites, they were founded primarily from my mother's advice because I was really shy and sort of awkward. My mom saw that, and she basically told me to focus on my school. She said, “Some day when you're successful, you'll be generous and turn those around, when it comes to the dating game.” Until I graduated, I was still struggling and still had the constant fear of rejection. I would never walk up to woman and use a pick up line. It's not my thing.

What you call generosity could be confused with prostitution. Do you agree?

How does generosity equal prostitution? That's a really long stretch! Prostitution is literally paying for sex. In this case, sex cannot be expected. It's something people obviously aspire to, especially on a dating site — they look for someone they share chemistry with. When you look at Carrot Dating, when you look at the most popular types of offers that people have been offering and accepting — the first one being flowers, the second one being dinners — that's what people do nowadays anyway. He usually buys her dinner or flowers. And that's certainly not prostitution.

So why are critics calling the site misogynistic?

(Laughs) Maybe because we called it bribes, as opposed to incentives. Even incentives would be a little bit edgy.

I think if we had called it something else, maybe something a little bit less playful or controversial, it wouldn't have caused as much of an uproar.

Have you ever used any of your websites?

I created Seeking Arrangement because I was just so frustrated with dating. I created that for myself. I was a user; had the very first profile on there.

I know you're in a relationship right now.

Yes, I met my wife about three years ago. We tied the knot about two years ago.

Did you meet her through a dating website or traditionally?

Traditional, I guess. She applied for a job, and we hired her, and I was working with her, and we kind of started dating and we fell in love and that's kind of the story. In a way, it was because of the websites that I built.

New book

Is the search for happiness over?

Professor Sonja Lyubomirsky at the University of California, Riverdale, thinks she has the answer. Lyubomirsky, author of *The How of Happiness*, oversaw a series of experiments monitoring what made people feel more optimistic. One that proved successful is the simple act of writing down what you're thankful for once a week. Lyubomirsky recommends keeping what she calls a “gratitude journal,” listing things that happened during the week you are thankful for. The list doesn't have to be all life-changing occurrences. It can consist of small things, such as the chance to catch up with a friend over a cup of coffee. Another route to happiness Lyubomirsky found as a result of her experiments is that people who are more likely to give to others are happier than those who don't. She found that when someone did something kind for someone else, it boosted their mood.

EMILY LAURENCE, MWN IN NYC

Call in the profile cavalry if finding love online is breaking you down

eFlirt. Author of online dating book Laurie Davis founded a consultancy site for those seeking help with the all-important profile

VICKI SALEMI
Metro World News in NYC

Is there a ghost behind your online date? Having trouble clicking your way to love? If writing exciting copy for your online dating profile makes you wince, you're not alone.

Just ask Laurie Davis, author of *Love @ First Click: The Ultimate Guide to Online Dating* and founder of eFlirt Expert, an online dating consultancy firm. Online daters enlist her help with writing a profile, messaging, online dating management and relationship coaching. She says eFlirt is responsible for 19 marriages and counting.

Davis says that “singles



Find that lonely heart looking for you with a little online help. ISTOCK

have a challenging time writing about themselves. This is generally true regardless of profession.” Davis says people are often surprised that eFlirt's clients include authors, journalists and even marketers.

Depending on which package her clients — who range in age from 19 to 70 — enroll in,

they are connected with certified coaches. The coaches help them with services like a one-time profile critique or even monthly subscription packages to help them learn the ropes of dating online with some extra help.

The eFlirt consultants — all of whom have degrees in

Davis' online dating tips

- 1. Wear colour in your main photo.** Wearing a bold colour will help your picture pop when you show up in search results with other singles.
- 2. Upload at least one action shot.** A photo of you doing something fun shows off your lifestyle more than any description you type.
- 3. Make your profile action-oriented.** Your profile is a conversation starter. It's easier for matches to strike up a conversation when you mention activities that fill your life.
- 4. Edit for virtual confidence.** Confidence is sexy, even online. But don't go overboard — there is a thin line between confident and cocky.

English, journalism or communications — follow a course instruction, which was inspired by yoga teacher training, with classroom time, practical work

and an exam. “Yes, it's a real exam!” she promises. This encompasses multiple-choice questions, fill-in-the-blanks and practical portions like completing a profile from scratch.

Despite so many clients concerned about copy, profile photos also often need a little help. “Ultimately, without great photos you'll have a tough time attracting the right type of match,” Davis points out. According to Charles J. Orlando, relationship expert and author of *The Problem with Women ... is Men* book series, there's really nothing wrong with relying on others, whether it's a professional or a friend, to weigh in on your photos and profile.

Orlando says that profiles are “just an introduction,” and that just like offline dating, people “reveal who they are slowly, over time.”

So, if you aren't a great writer, he says it might be useful to consult a writing service, but adds that eventually you'll be face-to-face with someone. “Pulling out your best attributes is great ... but you'll need to be real.”

HOW TO APPLY PROJECT MANAGEMENT TOOLS

The project management program at Red River College (RRC) is an eight-course certificate program that introduces students to project management as a practice, and then teaches them how to apply project management tools and systems as a professional.

"Project management is a field that continues to see a growing demand in just about every industry," says Melissa Fontaine, program manager.

"In Manitoba and around the world, companies need employees who have the skills to properly plan, manage, and communicate project requirements and ensure that projects are completed on time and on budget."

Over the past two years, a number of related courses have been developed to complement the skills and training currently provided in the project management certificate program.

Two recently developed courses are enterprise change management and agile project management. Enterprise change management is designed to help managers proactively plan, organize and control change in their work environment.

Agile project management is an online

course designed for students with no prior knowledge of agile project management who are interested in learning how to manage projects using this dynamic process. This course will be ready for February 2014.

Additionally, RRC offers a comprehensive PMP prep course and a Microsoft Project course.

The PMI project management professional (PMP) preparation class has been designed to help students prepare to write the PMP certification exam.

"One of the newest and most interesting things that we are doing in the project management program is flavoring the project management fundamentals curriculum, which includes modifying the assignments and required readings so that they focus on real-world problems from specific industries," Fontaine says.

All the project management courses are 11 weeks long and are offered online, with many offered in-class evenings or week-ends.

For more information on any of Red River College courses, as well as dates and times, visit rrc.ca/projectmanagement.



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NOW IS PERFECT TIME TO UPDATE YOUR SKILLS

REGISTER ONLINE FOR PACE COURSES

Starting January, registering for continuing education courses at PACE (University of Winnipeg Professional, Applied and Continuing Education) will be easier through new online registration.

With the winter term just around the corner (starting Jan. 6), now is the perfect time to start thinking about updating skills, learning new ones, or educating yourself in a topic in which you have always been interested.

PACE has a number of great programming options available starting in 2014.

The educational assistant diploma program begins Feb. 3. Individuals will learn how to be an effective presence in the classroom.

The new managerial and financial leadership program begins May 2014.

VIEW BOOK

PACE encourages all interested prospective students to look at their view book, which was recognized by Layar — an international software development company specializing in augmented reality — as an inspirational example of using the technology.

It was integrated into their view book to create an interactive and engaging experience for users. For more, see youtu.be/fGJ7vsKm-4w.

Students will learn about sustainable business approaches and how to solve complex business problems and improve organizational performance in an ever-changing business environment.

For those who are looking for even more business courses, the business analyst course may be the right fit. These courses can be taken in February,



CONTRIBUTED

March, September, October, resulting in certificates and credit toward master certificate in business analysis.

Starting in spring 2014, PACE will be offering a new online certificate in management online program. This program will set itself aside from the past online course since it will be interactive and participants will truly feel part of the university community.

For courses shorter in length, PACE is offering PRINCE2 project management practitioner certification Feb. 25-28, and PMP exam preparation course April 14-17.

PACE is also excited to announce a new training partnership with Clear Lake Indigenous Centre.

For a full list of the programs at PACE, visit pace.uwinnipegcourses.ca.

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TAKE CHARGE OF YOUR FUTURE WITH ROBERTSON

With the first signs of snow touching down in Winnipeg, it has got people thinking of warmer climates.

Now is the time many people are prone to pulling out the travel brochures and dreaming of their next vacation.

Robertson College's travel counsellor program is heating up and



CONTRIBUTED

travel agents are in demand, with more people travelling to more destinations than ever before.

Winnipeg's many travel agencies are in hiring positions, which is good news for anyone looking for employment in the field. Robertson College has a program starting Dec. 2 to give you the skills that will help get you hired.

Even though you can book your trips on the Internet, people still value the skills and expertise of a personal travel planner in a bricks and mortar location.

Robertson College programs help you take charge of your future and include relevant, real-world content, four weeks of work experience, industry certification, and each class goes on a familiarization trip to experience what it's like to evaluate a destination.

Travel counsellor classes start in December and seating is limited.

For more information about this program, visit robertsoncollege.com.



LISA F. YOUNG/SHUTTERSTOCK

A LITTLE CHANGE IS GOOD

Sometimes it's hard to come to terms with the fact that your career has not turned out exactly as planned. As a child, you dreamed of becoming something grand. You promised yourself you would be at the top of the game and become the best there ever was.

Fast-forward a few decades later and you see yourself as you are today —generally happy and satisfied, but with a career that doesn't exactly match up to what you initially dreamed you would be doing.

Careers are a tricky subject to address. On one hand, we all need to work, so there is a level of necessity in the equation. On the other hand, however, we all deserve to lead a fulfilling life, and that includes a career that really excites us.

The workplace is where most of us spend the majority of our day, so it is important that we are engaged and challenged by our jobs.

But what if we aren't?

There is no clear solution to this dilemma, but part of the action plan will likely include continuing education courses and programs. Continuing education can offer the possibility of a career change and provide anyone with the necessary training for lucrative employment in the real world.

There is a way to change the course of your career at your own pace. Continuing education or distance education programs are designed to allow people to enrol in courses at night or online, thereby allowing them to fit school into their already packed schedules.

The wide variety of courses and programs available makes it so that there is something for almost everyone. From astronomy to criminology, all continuing education programs aim to give students an added edge in a given field.

— Ezinearticles.com

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#NEWCAREER



WTC COURSES DESIGNED FOR NEEDS OF CLIENTS

Winnipeg Technical College is relaunching its corporate training and continuing education department.

For businesses in need of specific training that cannot be delivered in-house, or for those who want to develop new skills to improve professional opportunities, Winnipeg Technical College can help.

"Our course offerings are designed around the needs of our clients so we can customize training solutions for any situation," says Greg Scheelar, business development manager at WTC.

WTC has partnered with the Manitoba Construction Sector Council (MCSC) to deliver leadership training to the construction industry in Manitoba.

The first course, building a progressive workplace culture, is Nov. 13 with Jodi Moskal, vice-president of network cabling solutions at MOSKAL Electric.

"When combined with the current and future shortage of skilled trades workers, upcoming shortfalls in leadership in the construction trades could have a

significant impact on the economy of the province," Scheelar says.

For its part, MCSC is excited about the partnership with WTC.

"Having a partnership with Winnipeg Technical College allows our participants to earn college accreditation," says Carol Paul, director of education and training for the MCSC.

For more information on this program, visit mbcsc.com/training.

Professional development training is available in other trade areas, as well.

Welding, electrical, hairstyling and health care are all offered this fall at WTC.

WTC will be further developing its offerings in the area of personal interest courses.

For example, for those who are looking to learn how to take care of their boat before winter, or get their sled ready for some winter fun, the boat and outboard winterizing and snowmobile maintenance courses are ready for delivery.

Visit wtc.mb.ca for more information.

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Cost: \$950.00

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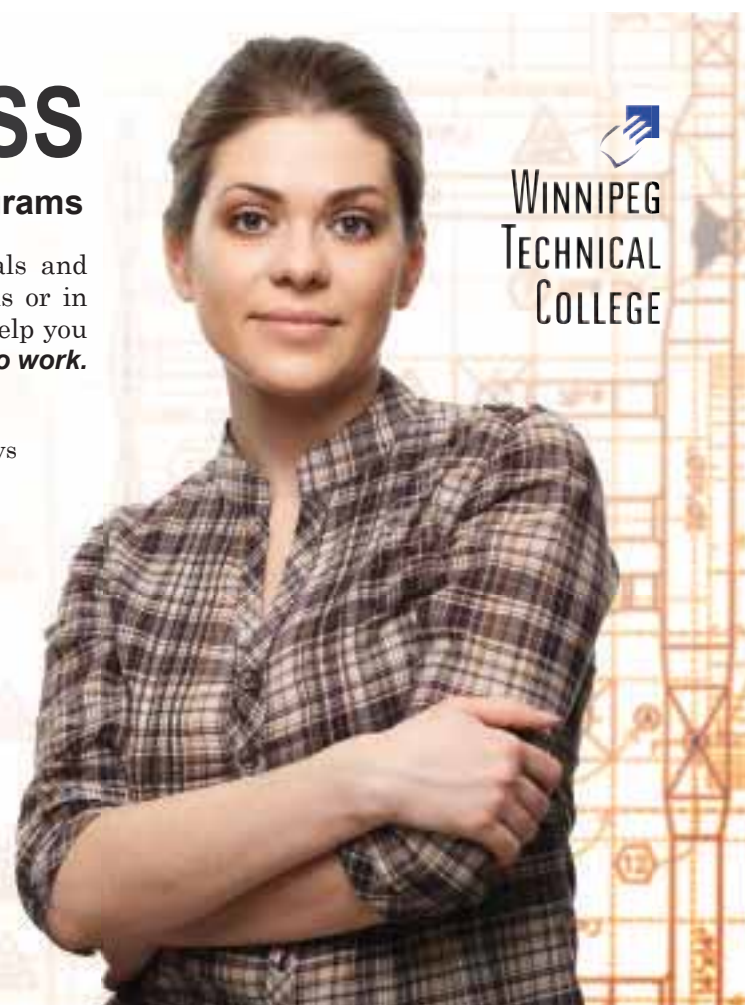
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Research the kind of jobs posted by various temp agencies, and if a number of them match your skill set, contact the agency to ask about setting up an interview with a recruiter. ISTOCK

Why the temp life may be right up your alley

Employment. Makeshift work has a bad rap, but it can prove useful for a variety of job seekers



YOUR MONEY
Alison Griffiths
money@metronews.ca

Does any of the following describe you?

- Self-employed with some hours to spare.
- A stay-at-home parent not ready for a full-time job.
- A young worker with skills but little experience.
- In-between permanent jobs.
- A retiree still eager to work.

If one of these profiles fits, then you might be perfect for the temp world. "Temporary work is also a good fit for any-

one looking to gain additional experience and skills or obtain experience in a new field," says Shari Angle, Toronto-based vice president with Adecco, Canada's largest temporary recruitment agency.

There are temp agencies specializing in every industry and skill set from labourers to scientists. Not surprisingly, demand is tied to the economy.

"The temporary staffing market across Canada has fall seasonal demand in the areas of distribution, logistics, and warehousing which specifically drive temporary hiring in geographic areas near airports and ports of entry," points out Angle.

Wherever there is a strong economy and low unemployment, such as in Saskatchewan and Alberta right now, the availability of temp positions rises.

In Wild Rose country, for instance, there's a strong need for workers in a many areas

The upside of temping

"I've had great assignments and lousy ones. But I always know they will come to an end."

Calgary computer programmer Terri McGinnis

that support the oil and gas industry.

Temp workers can also be in demand during a poor economy because employers are reluctant to hire full time staff.

Temp work can lead into a career. Dawn Johnson, for example, took a handful of placements as a health-care accountant.

Her most recent assignment lasted 18 months and then turned into a full-time job in Columbus, Ohio.

For some, the appeal of temp work is that it's, well, temporary. Calgary computer programmer Terri McGinnis travels with her husband on his contracts around the world

as a forestry consultant. "I've had great assignments and lousy ones," she laughs, "but I always know they will come to an end."

As with seeking any kind of work, the best place to start is a well-crafted resume and reference letters. Angle stresses that people should research the kind of jobs posted by various agencies. If a number match your skill set, contact the agency directly to inquire about an interview with a recruiter.

The first few positions can take a bit of time, but once you've established yourself as a reliable employee, an agency will be eager to keep you busy.



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CFL

Garrett named Week 19's top offensive player

Saskatchewan Roughriders running back Chris Garrett is the CFL offensive player of the week, rushing for 152 yards and a touchdown on the final week of the regular season.

Garrett scored his eight-yard touchdown in the third quarter, which gave the Roughriders a 17-13 advantage. It wasn't enough for Saskatchewan, as the Edmonton Eskimos won the game 30-26.

Edmonton linebacker Rennie Curran tied his season-high with 11 tackles and added a 56-yard interception return for a touchdown to win defensive player of the week honours. Teammate Jamal Miles had a clutch 79-yard punt return touchdown with under a minute to play in the game to earn the special teams honours.

B.C. running back Andrew Harris was named top Canadian after running for 102 yards and a touchdown as the Lions beat Calgary 26-7. **THE CANADIAN PRESS**

NHL

Ducks beat Rangers to cap road trip

Frederik Andersen made 32 saves to stay perfect in four NHL games, and Corey Perry and Kyle Palmieri scored first-period goals to lead the road-weary Anaheim Ducks to a 2-1 victory over the New York Rangers on Monday night.

The Ducks finished a season-high eight-game road trip 5-2-1 — including going 5-0-1 in the final six games. **THE ASSOCIATED PRESS**



Red Wings goalie Jimmy Howard knocks the puck away as the Jets' Olli Jokinen closes in on Monday night at the MTS Centre. **MARIANNE HELM/GETTY IMAGES**

Jets get off ground to clip Red Wings

NHL. Halischuk nets winning goal as Winnipeg ends losing streak at three games

Matt Halischuk scored the winner and his first goal as a Winnipeg Jet Monday as the Jets snapped a three-game losing streak with a fast-skating 4-2 win over the Detroit Red Wings.

Bryan Little, Michael Frolik and Andrew Ladd also

On Monday

4

Jets

2

Red Wings

scored for the Jets (6-8-2).

Henrik Zetterberg scored his eighth of the season for Detroit (9-5-2), and Danny DeKeyser scored his first NHL career goal.

The Jets repeatedly took it to the Detroit net in the first period, outshooting the Red Wings 14-9 and scoring with just a minute left on a break-away. They ended the game ahead 4-2.

Little opened the scoring when he got the jump on defenceman Kyle Quincy, who fell and left Winnipeg's leading scorer to go in alone against Jimmy Howard. It was Little's team-leading eighth goal of the season.

After DeKeyser put the Red Wings ahead 2-1 midway

through the second period, Mark Scheifele slid the puck through Quincy's skates in front of the Detroit net to Frolik and he popped it in to make it 2-2.

A perfectly positioned Halischuk put the Jets ahead at 4:26 of the third when he one-timed a pass from Frolik, who fed it from behind the Detroit net.

Ladd backhanded a loose puck past Howard at 10:57 of the third to give the Jets some breathing room.

THE CANADIAN PRESS

Hervey reflects on Esks' coaching woes

Saying the Edmonton Eskimos are at a critical stage for their future, general manager Ed Hervey fired head coach Kavis Reed on Monday and said he will bring in a new man who is more like himself.

"It is my feeling the club is at a stage that is critical to our on-field expectations and this move was necessary," Hervey told a news gathering hours after he informed Reed he was gone after three years as head coach. "I have confidence this decision will give our club its best opportunity to compete

at a high level heading into the 2014 season."

Hervey said his plan is to appoint a head coach who will bring a structured environment, a unified coaching staff and have the ability to develop players. The first-year GM said he's looking for a coach who could bring the best staff with him, but added he has not spoken to the current Eskimo assistants about their future.

"It's going to be a very thorough and methodical process and I'm going to choose the right coach," he said of the

search. "Not the right fit, but the right coach. I'm going to get someone who is a little bit more like myself, a little more detailed and structured and not really looking to spend a lot of time with you guys, more time developing the football team."

Reed took over the Eskimo coaching job in 2011, leading them to an 11-7 record, second in the CFL West and was a finalist for coach of the year. In 2012 their record fell to 7-11 and this year they were 4-14, one of the worst records in franchise history. **THE CANADIAN PRESS**



The Eskimos fired head coach Kavis Reed on Monday. **FRANK GUNN/THE CANADIAN PRESS**



Canada skip Brad Jacobs reacts to scoring 2 in the second end during a page 3-4 playoff draw against Denmark at the world men's curling championship in Victoria in April. JONATHAN HAYWARD/THE CANADIAN PRESS

Long road to Sochi takes heavy hitters through Kitchener

Curling. Canada shows superb depth of field in teams competing at Road to the Roar for Olympic trials spots

The Olympic curling dream is still alive for the two dozen rinks set to compete at this week's Capital One Road to the Roar competition.

However, the road to the Sochi Games remains a long one. Only four teams will advance to the final qualification stage and it won't be easy to get there given the quality of competition at the Nov. 5 to 10 tournament.

Champions from every major level will be in the field for the triple-knockout event at the Kitchener Memorial Auditor-

ium Complex in Ontario. Gold medallists from the 2010 Vancouver Olympics and the 2006 Turin Games are on hand along with former world champions and the reigning Tim Hortons Brier champ.

The goal is to reach next month's Canadian Olympic curling trials in Winnipeg, an event that already has 12 of the 16 available spots booked. The four remaining openings — two for the men and two for the women — will be filled by the end of play Sunday.

"It is a unique event — 12 teams for two spots," national champion Brad Jacobs said of the men's draw in a recent interview. "If you don't bring your 'A' game (this) week, forget about your Olympic dreams. Really that's what it comes down to."

Jacobs guided his Northern

Ontario rink to victory at the Brier this year and followed it up with a silver medal at the world championships. He'll be challenged this week by seasoned veterans like 2010 Olympic champion John Morris, 2006 Olympic champion Brad Gushue of St. John's, N.L., and 2006 world silver medalist Jean-Michel Menard of St-Romuald, Que.

The women's field also boasts plenty of star power.

There is 2007 world champion Kelly Scott of Kelowna, 2010 Olympic silver medalist Cheryl Bernard and 2006 Olympic bronze medalist Shannon Kleibrink, both of Calgary.

"The field in Canada is amazing and it's really deep," Bernard said. "I think any team at the pre-trials or trials could represent our country well at the Olympics." **THE CANADIAN PRESS**

Stanley Cup champs

Obama honours Hawks, tells other Chicago teams to 'get moving'

A beaming U.S. President Barack Obama saluted the Stanley Cup-winning Chicago Blackhawks at the White House on Monday — a rare moment for a president hungry to see more victorious teams from his hometown.

The Blackhawks have been the only Chicago team to win championships during Obama's presidency. They also won in 2010.

Speaking of other Chicago teams, the president said: "To the Bulls, Bears, Cubs, White Sox — I am term-limited, so you guys have got to get moving. I need to see you here soon. Championships belong in Chicago."

Obama praised the Blackhawks not only for their skills on the ice but for their contributions to the community. Blackhawks players and staff visited troops and their families at Walter Reed Army Medical Center earlier in the day.

THE ASSOCIATED PRESS

Hockey. Wickenheiser among veteran players not on Four Nations roster

The Canadian women's hockey team will attempt to reclaim the Four Nations Cup without Hayley Wickenheiser.

The five-time Olympian and Canada's captain was among six players head coach Dan Church left off his 21-player roster for the annual international women's tournament starting Tuesday in Lake Placid, N.Y.

"We're going to take an opportunity to give her that little bit of a break," Church said Monday from Lake Placid. "There's no question we know what she can do on the ice and that she can contribute in big games."

"A lot of it has to do with making sure she has a good recovery week here and is ready for the final push towards the Olympics."

Wickenheiser, 35, is Canada's all-time leading scorer and has played in 14 Nations Cups during her career. The Four Nations is important preparation for the 2014 Winter Olympics for Canada, the U.S., Finland and Sweden.

Assistant captain Caroline Ouellette and forward Marie-Philip Poulin as well as defencemen Meaghan Mik-



Hayley Wickenheiser skates at the IIHF women's world championship semifinal game in Ottawa in April. GETTY IMAGES

kelson, Lauriane Rougeau and Laura Fortino also remained in Calgary, where the Canadian team is based this winter.

Wickenheiser, Ouellette, a three-time Olympian, Poulin, who is recovering from an ankle injury, and Mikkelsen were on the team that won the gold medal in 2010 in Vancouver.

Fortino and Rougeau have been on the national women's team for two years.

THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	14	10	4	0	47	35	20
Toronto	15	10	5	0	48	36	20
Detroit	15	9	4	2	38	37	20
Boston	13	8	5	0	36	25	16
Montreal	15	8	7	0	41	31	16
Ottawa	14	4	6	4	42	47	12
Florida	14	3	8	3	28	49	9
Buffalo	16	2	13	1	26	49	5

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	15	11	4	0	48	33	22
NY Islanders	14	6	5	3	45	44	15
Washington	14	7	7	0	44	40	14
NY Rangers	14	6	8	0	26	40	12
Carolina	14	4	7	3	27	44	11
Columbus	13	5	8	0	33	36	10
New Jersey	14	3	7	4	26	42	10
Philadelphia	13	4	9	0	21	37	8

Monday's results

Anaheim 2 NY Rangers 1

Detroit at Winnipeg

Sunday's results

Dallas 4 Ottawa 3 (SO)

Calgary 3 Chicago 2 (OT)

Minnesota 4 New Jersey 0

Tuesday's games

All Times Eastern

Dallas at Boston, 7 p.m.

Ottawa at Columbus, 7 p.m.

NY Islanders at Washington, 7 p.m.

MLS PLAYOFFS

All Times Eastern

CONFERENCE SEMIFINALS (two-game, total-goals series)

EASTERN CONFERENCE

New York vs. Houston

Sunday's result — New York 2 Houston 2

Wednesday — Houston at New York, 8 p.m.

Kansas City vs. New England

Saturday's result — N.England 2 Kansas City 1

Wednesday — New England at K.C., 9 p.m.

WESTERN CONFERENCE

Portland vs. Seattle

Saturday's result — Portland 2 Seattle 1

Thursday — Seattle at Portland, 11 p.m.

Salt Lake vs. Los Angeles

Sunday's result — Los Angeles 1 Salt Lake 0

Thursday — Los Angeles at Salt Lake, 9 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	13	12	1	0	42	19	24
Chicago	15	9	2	4	52	42	22
Minnesota	15	8	4	3	38	34	19
St. Louis	12	8	2	2	44	29	18
Nashville	14	7	5	2	31	40	16
Dallas	14	6	6	2	37	42	14
Winnipeg	15	5	8	2	35	45	12

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	16	12	3	1	52	40	25
San Jose	14	10	1	3	53	27	23
Phoenix	15	10	3	2	51	46	22
Vancouver	16	10	5	1	46	41	21
Los Angeles	15	9	6	0	43	40	18
Calgary	14	6	6	2	42	49	14
Edmonton	15	3	10	2	36	59	8

Note: Two points for a win, one point for overtime loss.

Edmonton at Florida, 7:30 p.m.

St. Louis at Montreal, 7:30 p.m.

Philadelphia at Carolina, 7:30 p.m.

Calgary at Minnesota, 8 p.m.

Vancouver at Phoenix, 9 p.m.

Buffalo at San Jose, 10:30 p.m.

Wednesday's games

Pittsburgh at NY Rangers, 7:30 p.m.

Winnipeg at Chicago, 8 p.m.

Nashville at Colorado, 9:30 p.m.

Phoenix at Anaheim, 10 p.m.

NFL

WEEK NINE

Monday's result

Chicago at Green Bay

Sunday's results

Carolina 34 Atlanta 10

Cleveland 24 Baltimore 18

Dallas 27 Minnesota 23

Indianapolis 27 Houston 24

Kansas City 23 Buffalo 13

New England 55 Pittsburgh 31

N.Y. Jets 26 New Orleans 20

Philadelphia 49 Oakland 20

Seattle 27 Tampa Bay 24

Tennessee 28 St. Louis 21

Washington 30 San Diego 24

Thursday's result

Miami 22 Cincinnati 20 (OT)

CFL

PLAYOFFS

DIVISION SEMIFINALS

EAST

Montreal vs. Hamilton (at Guelph, Ont.), 1 p.m.

WEST

B.C. at Saskatchewan, 4:30 p.m.

DIVISION FINALS

Sunday, Nov. 17

EAST

Hamilton-Montreal winner at Toronto, 1 p.m.

WEST

Saskatchewan-B.C. winner at Calgary, 4:30 p.m.

NBA

Monday's games

Golden State 110 Philadelphia 90

Cleveland 93 Minnesota 92

Memphis 95 Boston 88

Houston at L.A. Clippers

Sunday's results

Detroit 87 Boston 77

Orlando 107 Brooklyn 86

Miami 103 Washington 93

Oklahoma City 103 Phoenix 96

Minnesota 109 New York 100

L.A. Lakers 105 Atlanta 103

Tuesday's games

Miami at Toronto, 7 p.m.

Utah at Brooklyn, 7:30 p.m.

Charlotte at New York, 7:30 p.m.

Indiana at Detroit, 7:30 p.m.

Phoenix at New Orleans, 8 p.m.

L.A. Lakers at Dallas, 8:30 p.m.

San Antonio at Denver, 9 p.m.

Atlanta at Sacramento, 10 p.m.

Houston at Portland, 10 p.m.

Wednesday's games

L.A. Clippers at Orlando, 7 p.m.

Washington at Philadelphia, 7 p.m.

Toronto at Charlotte, 7 p.m.

Chicago at Indiana, 7 p.m.

Utah at Boston, 7:30 p.m.

Golden State at Minnesota, 8 p.m.

Cleveland at Milwaukee, 8 p.m.

New Orleans at Memphis, 8 p.m.

Phoenix at San Antonio, 8:30 p.m.

Dallas at Oklahoma City, 9:30 p.m.

Horoscopes

Aries

March 21 - April 20

Try not to be too aggressive when dealing with people at work. In fact, with Venus, planet of harmony, moving into the career area of your chart today, you should go out of your way to be nice.

Taurus

April 21 - May 21

Something you say today will have far-reaching consequences, so be on your best behaviour. Everything you put out into the world sooner or later comes back to you.

Gemini

May 22 - June 21

You may feel you are being treated unfairly but complaining about it is unlikely to change the situation. Act as if you are completely unaffected by what other people say.

Cancer

June 22 - July 23

Someone you meet today will tick all the right boxes. You will get along as if you've known each other for a lifetime. It's going to be a beautiful new friendship and, who knows, it may even be love.

Leo

July 24 - Aug. 23

Don't push yourself hard today. Whatever tasks you have, there is no need to rush. This is one of those days when the world must, and will, wait for you.

Virgo

Aug. 24 - Sept. 23

There are times when you should hold out for the best possible deal and there are times when you should compromise and this is one of the latter. Don't forget that profit is not the only thing to measure relationships by.

Libra

Sept. 24 - Oct. 23

Today's positive cosmic influences will help you get your point of view across but don't forget that your view is one of many. There is plenty of room in this big, wide world for all shades of opinion.

Scorpio

Oct. 24 - Nov. 22

Keep your ears open today and, if you hear a distant rumble, get yourself to higher ground as quickly as you can. There is some kind of upheaval coming and you don't want to be in the way when it arrives.

Sagittarius

Nov. 23 - Dec. 21

You may have failed but that does not mean you are a failure. Smart people realize that failure is a brick in the wall of success. The more bricks you have, the higher you can build your dream.

Capricorn

Dec. 22 - Jan. 20

You may feel assertive today but don't push people around you too hard because you are likely to spark some sort of rebellion. Always see partners as human beings, not mere cogs in your grand design.

Aquarius

Jan. 21 - Feb. 19

If someone gives you a hard time over the next 24 hours, you should smile and let them see it does not bother you. They will go and find someone who is easier to annoy.

Pisces

Feb. 20 - March 20

Stop worrying about things that might go wrong. It's not about what you can and cannot do, it's about your attitude to life in general. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Mil. force that protected the Allies from U-boats in the North Atlantic during WWII
4. Junk
9. Law
13. Lightbulb moments!
15. ___ donna
16. Characters' selves
17. Mr. Julia
18. On-a-field sport
19. Bouncy-less hair
20. Typos
22. ___ Fitness (Canadian health clubs chain)
24. Saskatchewan's CFL team nickname
26. Liberace's nickname
27. Plus...
28. ___ tape
32. Barely believe
36. Wading bird
38. Rupture
39. Killer whales
40. Cul-de-___
41. Choreographer, Bob ___
42. Count on
43. The pair
44. Skilled at crafts
45. Someone from Juneau's state
47. "Ha! See ___ care."
49. Actor Mr. Avery
50. Manitoba: Landscape features in Wapusk National Park: 2 wds.
55. Calgary-Edmonton



- ___ (Alberta region)
59. Patrick J. ___ (Questions remain over his conviction/execution for the 1868 assassination of Father of Confederation, Thomas D'Arcy McGee)
60. Sore spot, slangily
61. Ruin

63. Julia Roberts' actress niece
64. Created
65. Topic
66. Li'l thermometer reading
67. ___-a-porter
68. Sniffers
69. '___' in Cornwall

1. More pink, as steak
2. "Cuchi-cuchi"-saying songstress
3. South Pacific island country
4. Twisted ankle injury
5. Grand ___ (Wine classification)
6. 1973: Billie Jean King's famous tennis

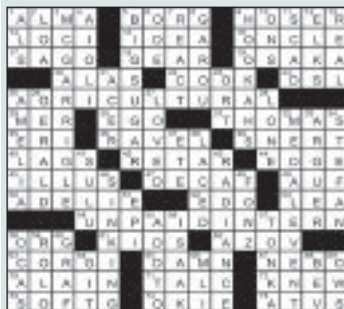
- opponent Bobby
7. Podium
8. "Eyes of a Stranger" band from Vancouver
9. Arcade Fire's latest album
10. Certain citrus
11. Bread's shape
12. Renaissance family name

14. Smelting waste
21. "___ a wrap!"
23. ___ Plaines, Illinois
25. 2005 Justin Timberlake movie
28. Canadian Hip-Hop artist, ___ Mee
29. 'Luck' suffix (Most fortunate)
30. Northern BC's ___ River
31. Stone hue
32. "___ the Explorer"
33. Mr. Hershiser
34. Univ. in The States
35. Thoroughfare-of-finance in Toronto: 2 wds.
37. Cricket club
41. Country's Ms. Hill
43. ___ Family (Acting brothers)
46. Garden pond fish
48. November 5th: Guy ___ Day
50. The ___ (Journalists as a group)
51. Turn ___ red (Get embarrassed)
52. Person of ancient Mexico
53. Sci-Fi weapon, ___ ray gun
54. Breaks branches
55. Free pass, commonly
56. Man ___ (Legendary racehorse)
57. Drive
58. "___ it seems." (That's how things look)
62. Acting aids, ___ cards

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

Yesterday's Crossword

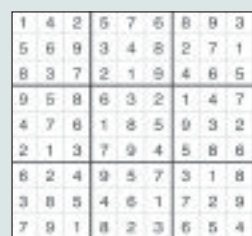


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

WEDNESDAY

THURSDAY



MAX: 1°
MIN: -6°



MAX: 2°
MIN: -5°



MAX: 3°
MIN: -4°



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